



Office Ache and Pain Reference Card



Sitting at a computer all day can take its toll on our bodies. Here are some exercises you can do to counteract resultant aches and pains. As always, contact your physician before proceeding with any exercise program.

Hands, Wrists and Fingers:

1. **Finger Stretch:** This exercise stretches the palm and fingers to relieve compression in the hands, wrists and fingers.
Extend your right arm in front of you at shoulder height and put your palm up as if making the "stop" signal. Gently pull all five fingers of the right hand back toward the torso with your left hand. Inhale for a count of five, then exhale for a count of five. Take a total of five breaths. Switch sides and repeat.
2. **Wrist Roll:** This exercise puts the muscles and connective tissues through a full range of motion, helping to correct imbalances caused by holding your wrists in one position for an extended time; lubricates the wrist joint.
Extend both arms at shoulder height, make fists, and slowly make circles with your wrists for a count of 10. Change direction and roll your wrists for another count of 10.

Neck:

Head Hang: This exercise stretches muscles on all sides of the neck.

Sit tall in your chair. Drop your right ear toward your right shoulder. Inhale for a count of five. Stay for five breaths, allowing your head to relax into the pull of gravity. Now rotate your head forward to your chin drops toward your chest and repeat the Breathing exercise. Rotate your head left and repeat the breathing exercise.

Legs:

Number Four Stretch: This exercise opens the outer hips; stretches the lower back; relieves pressure on nerves; and improves blood flow to the area.

Sit on the edge of your chair with legs in line with your hips. Place your right ankle on top of your left knee (as if making the shape of a number four with your legs). Bend

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forward, resting your forearms on your legs and keeping your spine straight. Inhale for a count of five, then exhale for a count of five for a total of five breaths. Switch legs; stretch the other side.

Shoulders:

Standing Forward Bend with Chest Stretch: This exercise opens the chest, stretches the front of the shoulders and the neck, as well as the hamstrings and the lower back; brings blood back to the head and clears the mind.

Stand with your feet directly under the hips. Interlace your fingers behind your lower back, knuckles facing the floor, and straighten your arms. Breathe in for a count of five, then out for a count of five. Repeat for five breaths. Now bend forward as far as feels comfortable. Lift your interlaced hands up towards the ceiling. Stay for another five breaths, then release your hands towards the floor. Slowly roll back up to the standing position.

Lower Back:

Desk Hang: This exercise stretches the spine, back, hips, chest and shoulders.

Sit in your chair with your palms resting on the edge of your desk. Push your chair back until your arms are straight and you feel a gentle stretch through the length of your torso; bring your ears in line with your arms and look down at the floor. Breathe deeply, inhaling for a count of eight, then exhaling for a count of eight. Take 10 breaths.

Forearms:

Wall Stretch: This exercise promotes circulation and helps to prevent carpal tunnel. (Skip this exercise if you have carpal tunnel or tendonitis.)

Stand arm distance away from the wall with feet shoulder width apart. Extend arm behind you just below shoulder height and press palm into the wall. Turn feet away from the wall slightly, rotating chest away as well. Inhale for a count of five, then exhale for a count of five. Stay for five breaths. Repeat on other side.

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